



Belmont S.P.O.R.T.

(Special Programs Organized for Recreation Time)

A year round program which provides activities for individuals with special needs. Participants of all ages and levels are welcome to enroll. The Towns of Belmont and Watertown, user fees and donations fund the program. Dedicated volunteers enable the S.P.O.R.T. Program to offer many outstanding programs at nominal fees. We promise continued excellence in recreation programming for individuals with special needs.

Registration Information

Welcome to the start of the 2017 Spring/Summer season for Belmont S.P.O.R.T. To make registering for programs easier and to better plan your spring and summer schedules, we will register now for programs through the end of summer. We encourage you to plan ahead. Register early as programs will fill up and space is limited. Be sure to provide us with up to date contact information such as address, phone and e-mail address. These are helpful in allowing us to notify participants of changes and/or cancellations.

IMPORTANT SAFETY INFORMATION

Family members and staff, always make sure that there is an instructor or coach at a program before you drop off an athlete. Also, please arrive on time to pick up an athlete at the end of a program or event. There should be no instance where an athlete is left unsupervised.



Susan Weiner, Director
Heidi Barberio, Program Coordinator
Belmont Recreation Department
PO Box 56 Belmont, MA 02478
(617) 993-2760



www.belmont-ma.gov/recreation



***Please note if school is cancelled due to inclement weather,
S.P.O.R.T. programs are also cancelled.***

Check us out on FACEBOOK: Belmont SPORT

ACKNOWLEDGEMENTS

- Thank you to Ashley Barberio, George Crotty, Brian Hough, and Caroline Steuart for participating in Special Olympics Polar Plunge and raising money for Belmont S.P.O.R.T.
- Thank you to all the coaches and volunteers for another successful season.
- Thank you to everyone who voted for Friends of Belmont S.P.O.R.T. at the Watertown Savings Bank for Customer Choice Award. We will receive this award in March.

****Important Details****

We have made some changes

- All checks for programs listed in this booklet should be made out to the Town of Belmont, and mailed to:
Belmont Recreation Department P.O. Box 56 Belmont, MA 02478
- A non-resident is anyone who does not live in Belmont or Watertown.
- Most of your questions can be answered by calling the Recreation Department at (617) 993-2760. The office is open Monday-Friday from 8am until 4pm. To **check for cancellations call 617-993-2768** or on our Facebook page Belmont Watertown SPORT
- When filling out the registration form please make sure to put the **most up to date contact information for the S.P.O.R.T. participant**. This is the information we use if we ever have to contact participants with last minute program changes!
- We will NOT accept forms that are not completely filled out.
- In order to participate in any Special Olympic program we MUST have a valid Special Olympic medical on file.

Price List Spring/Summer 2017

Program	Resident Cost(Belmont, Watertown)	Non-Resident Cost
Special	Olympic	Programs
Special Olympic Bocce	\$40	\$50
Special Olympic Track	\$40	\$50
Special Olympic Tennis	\$40	\$50
Special Olympic Swimming	\$40	\$50
Special Olympic Softball	\$40	\$50
Special Olympic Golf	\$40	\$50
Special Olympic Volleyball	\$40	\$50
Special Olympic Cycling	\$40	\$50
Special Olympic Sailing	\$40	\$50
Special Olympic Power Lifting	\$40	\$50
Health	Fitness	Programs
Walk For Fitness and Fun	\$5	\$15
Recreation Swim	\$40	\$50
Challenger Division Baseball	TBD	TBD
Rowing	\$5	\$15
Nothing Impossible Baseball	TBD	TBD
Afterschool TBall	\$5	\$15

*Friday Night/Summer Socials: no-charge for registration for residents of Belmont, Watertown, Non- Residents registration fee is \$20 **plus the cost of event.**

Locations of Programs

Beech Street Center (Senior Center) is located at: 266 Beech Street, Belmont MA 02478

Belmont High School 221 Concord Ave Belmont MA 02478

(turn onto Underwood St off of Concord Ave)

Belmont Hill School 350 Prospect Street (field located on Marsh St) Belmont 02478

Bentley University Pool 175 Forest St Waltham 02452 (enter via Falcon Way and follow the road into the last parking lot, making sure you follow the road to the right)

Chenery Middle School 95 Washington St Belmont, MA 02478
(Enter though back parking lot)

Community Boating 21 David Mugar Way Boston 02114

Nipper Maher Park 65 Dartmouth St Waltham 02453

Stone Meadow Golf 675 Waltham St Lexington 02420

Winn Brook School 97 Waterhouse Rd Belmont, MA 02478
Field is on Sherman St

IMPORTANT DATES

Saturday March 4, 2017	Polar Plunge	Revere Beach Nantasket Beach
Monday March 20, 2017	Parent Meeting Friends of Belmont S.P.O.R.T. Annual Meeting	6:30pm Conference Room Beech Street Center 266 Beech Street
Sunday, April 2, 2017	Special Olympic Bowling Tournament	Woburn Bowl A Drome
Sunday, April 23, 2017	Volleyball Qualifier	Springfield
Saturday, May 6, 2017	Swim Qualifier	BU Recreation and Fitness Center
Sunday, May 21, 2017	Track Qualifier	Milton Academy
Friday-Sunday June 9-11, 2017	Mass Special Olympics Summer Games	BU Housing Competition at Harvard
Wednesday, June 14, 2017	Banquet (for Special Olympic athletes, volunteers, and their families)	St. Joseph's Church
Sunday June 18, 2017	Softball Tryout	Winn Brook School Field
Friday- Friday August 11-18, 2017	S.P.O.R.T. Family Trip	Cruise to Bermuda
August 26- 27, 2017	Mass Special Olympics August Tournament	Marlborough Area
Wednesday, Sept. 13, 2017	S.P.O.R.T. Eric Habelow Open Golf Tournament	Sandy Burr Country Club Wayland, MA

Special Olympic Bocce (Traditional and Unified)

Bocce or lawn bowling is a sport for all ability levels. It takes place at the Beech Street Center on Monday nights from **7:00–8:00pm** for athletes 12 and older.

Dates: Mondays: June 19, 26, July 10, 17, 24, 31 August 7, 14, 21, 2017



Special Olympic Track

For participants ages 8 and older. All interested athletes should meet the coaches at the Belmont Hill School Jordan Athletic Center 350 Prospect St. Belmont **6:00–7:00pm**

Dates: Mondays: April 3, 10, 24, May 1, 8, 15, 22, June 5, 2017



Special Olympic Tennis

For athletes ages 12 and older. This program is on Tuesday nights from **6:30–7:30pm** at the Hittinger Courts in Belmont. The first 3 practices will be indoors at the Chenery Middle School. Weekly practice will focus on skill development and teams will be formed according to abilities

Date: Tuesdays: March 28, April 4, 11, 25, May 2, 9, 16, 23, 30, June 7 2017

March 28 April 4, 11 MEET INDOORS AT CHENERY MIDDLE SCHOOL



Special Olympic Swimming

This program is for athletes 8 and older. Practices are held at the Belmont High School Pool on Monday and Wednesday nights from **6:30–7:30pm** or Bentley University Tuesday and Friday from **3:30 to 4:30**. This program is for swimmers who will compete in the June Special Olympics. Athletes must be able to swim the length of the pool.

All athletes should attend 2 practices a week at the location of their choosing.



Belmont High School location

Mondays: March 27, 29, April 3, 10, 24, May 1, 8, 15, 22, June 5, 2017

Wednesdays: March 29, April 5, 12, 26, May 3, 10, 17, 24, 31, June 7, 2017

Bentley University Pool location

Tuesdays: March 28, April 4, 11, 25, May 2, 23, 30, 2017

Fridays: April 7, 28, May 5, 12, 26, June 2, 2017

Special Olympic Unified Softball

Weekly practices include drills and scrimmages. Athletes will be divided into teams based on skill assessments. Assessments will be made at the first practice on Sunday, June 12, 2017 at 10am at the Winn Brook School field in Belmont.

Ages: 12 and older Sunday mornings from **10:00–11:30am** at the Winn Brook School and Tuesday evenings from **6:30–7:45pm** at the Hittinger Street Field.

Sundays: June 18, 25, July 9, 16, 23, 30, August 6, 13, 20, 2017

Tuesdays: June 27, July 11, 18, 25, August 1, 8, 15, 22, 2017





Special Olympic Golf

Sunday morning practice at Stone Meadow Golf Course in Lexington will focus on skill development through group instruction **8:00–9:00am**. You must have your own clubs. Athletes and partners who qualify for competition will play at Oakley Country Club on Tuesday evenings from **5:30 – 8:00pm**.

Sundays: June 4, 18, 25, July 9, 16, 23, 30, August 6, 13, 2017

Tuesdays: TBA



Special Olympic Volleyball (Unified)

Come train for volleyball with the coaches on Monday nights from **7:00–8:00pm** at the Chenery Middle School. Weekly practice will focus on skill development and teams will be formed according to abilities.

Dates: Mondays: March 27, April 3, 10, 24, May 1, 8, 15, 22, June 5, 2017



Special Olympic Cycling

This activity takes place at Belmont High School on Monday nights from **6:30–7:30pm**. Ages 8 and older. You must have your own bike and helmet.

Dates: Mondays: June 19, 26, July, 10, 17, 24, 31, August 7, 14, 21, 2017



Special Olympic Sailing

Come sail at the Courageous Sailing Center in Charlestown (only open to those who have sailed there previously). New sailors may register for the program at Community Boating at the Charles River Boat House, Boston

Ages: 16 and older on Wednesday evenings at **5:30pm**

Dates for Courageous Sailing: Wednesdays: May 3, 10, 17, 24, 31, June 7, 21, 28, July 5, 12, 19, 26, Aug 2, 9, 16, 23, 2017

Dates for Community Boating: Thursdays: Starting Mid May

Date for Special Olympic Regatta: Saturday, July 29 (Rain date Sunday, July 30) at Community Boating



Special Olympic Power Lifting

This is for athletes who intend to train for competition at the summer games. For Ages 16 and older on Tuesday nights from **7:30–8:30pm** at the Weight Room at Belmont High School.

Dates: Tuesdays: March 28, April 4, 11, 25, May 2, 9, 16, 23, 30, June 6, 2017



Summer Socials

This program takes place on Friday or Wednesday evenings for ages 13 and older. The time may vary with the program.

Fridays: March 3, 10, 17, 24, 31, April 7, 28, May 5, 12, 19, 26, June 2, 9, 2017

Wednesdays: June 21, 28, July 12, 19, 26, August 2, 9, 16, 2017



Call the Recreation Office for more details



Walk for Fitness and Fun

Join us for a weekly walk around the Clay Pit Pond. Participants need only bring good shoes and a desire to have a healthy walk or run. We will start with 1 mile and hopefully work up to more at the end of the season. **Meet in front of the tennis courts.**

Tuesdays: 6:30–7:30pm April 25, May 2, 9, 16, 23, 30, June 6, 2017





Recreation Swim

Join us for lap swimming and games at the new outdoor Underwood Pool. This activity will take place on Monday nights from **5:45–6:45pm** for five weeks. **Ages:** All ages
Mondays: June 26, July 10, 17, 24, 31, 2017



Rowing

Students from the Belmont Hill School Crew Team will teach basic rowing skills to Belmont S.P.O.R.T. participants. Interested rowers will learn correct positioning, pacing, strengthening techniques, and have the opportunity to develop team comradery with



Belmont Hill School students. The program will meet from 3:30–4:30 at the Jordan Athletic Center, 350 Prospect St. Belmont

Dates: Tuesdays (Dates TBD)

You must be at least 16 years old to participate space is limited

Challenger Division Baseball

Belmont S.P.O.R.T. has been invited to participate in the Watertown Little League Challenger Division (a division of Watertown Baseball and Softball). Sponsored by Mount Auburn Hospital, it is designed for boys and girls ages 8–18 with special needs. Participants will have fun learning to play baseball while being on a team.

For more information contact Eric Manning at 617–924–3381 or bem913@comcast.net



Nothing Impossible Baseball

Ages 5 to 22

Will be held on Friday nights in July in Waltham

Nipper Maher Park 65 Dartmouth St, Waltham, MA 02453

This is a very relaxed atmosphere, no outs, swing until you hit.

We try to pair each athlete up with a volunteer.

For More information please contact Heidi @ Hbarberio@belmont-ma.gov.

Afterschool T-Ball

Play ball! Join us for this afterschool program at Belmont Hill School. Learn basic baseball skills such as throwing, catching, ground balls, hitting and running the bases.

This program is for boys and girls ages 5–15.

DATES: Tuesdays April, 4, 11, 18, 25, 2017 (May 2nd make up in case of rain)

TIME: 3:30 to 4:30

For more information on this program please contact the Belmont Recreation at 617–993–2760 or recreation@belmont-ma.gov.

Cruise to Bermuda

August 11–18, 2017

S.P.O.R.T. participants and their families are welcome to join us on a 7 day cruise on the Norwegian Dawn to Bermuda. For more information, please contact the Belmont Recreation Department at 617–993–2760 or recreation@belmont-ma.gov.

Save The Date



7th Annual



Belmont Watertown
SPORT
Eric Habelow
Open

Wednesday, September 13, 2017
Sandy Burr Country Club
Wayland, MA

Dear Parents and Friends of Athletes.

Last year we had an overwhelming response to our request for support at programs and events. We are asking for your help again. Below are events occurring during the year which, require extra help. We ask that if it is possible, you sign up to help out at one of these events.

Name

Phone Number

S.P.O.R.T. Banquet

Wednesday, June 14, 2017

Summer Games

June 9-11, 2017

(Volunteers needed to serve dinner and clean up, tag and load luggage into van)

Eric Habelow Open Golf Tournament Wednesday, Sept. 13, 2017

(Volunteers needed to solicit donations, sponsor...

Be a Unified Partner

(Be specific as to where you can help)

Please describe below any other way you would like to assist. Thank you for your help!



FIND US ON FACEBOOK: Belmont Watertown SPORT

SPRING/SUMMER REGISTRATION

Please Mail to: Belmont Recreation Department P.O. Box 56, Belmont MA 02478

PLEASE PRINT INFORMATION:

Name: _____ DOB: _____ Mailing Address: _____

Phone: _____ Reliable Emergency Phone: _____

E-Mail: PLEASE Print _____

MUST SIGN THE WAIVER PAGE:

Program:	Dates:	Resident	Non-Res.	Check Off
1. Special Olympic Bocce	June 19-Aug.21	\$40	\$50	_____
2. Special Olympic Track	April 3 - June 5	\$40	\$50	_____
3. Special Olympic Tennis	March 28 - June 6	\$40	\$50	_____
4. Special Olympic Swimming	March 27- June 5	\$40	\$50	_____
Location/day: choose 2 days of the week you will practice				
Belmont High _Mon____ Wed____ Bentley Tues____Friday____				
5. Special Olympic Softball	June 18 - Aug 22	\$40	\$50	_____
6. Special Olympic Golf	June 4 - Aug.	\$40	\$50	_____
7. Special Olympic Volleyball	March 27 - June 5	\$40	\$50	_____
8. Special Olympic Cycling	June 19-Aug. 21	\$40	\$50	_____
9. Special Olympic Sailing	May 17 - Aug. 24	\$40	\$50	_____
10. Special Olympic Power Lifting	March 28 - June 6	\$40	\$50	_____
11. Walking for Fitness	April 25- June 6	\$5	\$15	_____
12. Recreation Swim	June 26- July 31	\$40	\$50	_____
13. Rowing	April - May	\$40	\$50	_____
14. Challenger Division	TBA	\$TBA	\$TBA	_____
15. Nothing Impossible Baseball	TBA	\$TBA	\$TBA	_____
16. Afterschool TBall	April 4-April 25	\$0	\$0	_____

**Non-Resident is anyone who does not live in Belmont or Watertown. **

Summer socials: There may be additional costs depending on the program.

Total of Check Enclosed: \$_____ Make all checks payable to: **TOWN OF BELMONT**

Mail Registration form and payment to:

Belmont Recreation Department

P.O. Box 56

Belmont, MA 02478

You may enroll for all programs now. No summer program brochures will be sent. Please make copies as needed for additional registrations. THANK YOU ☺

Find Us on FACEBOOK: Belmont Watertown SPORT

WAIVER PAGE

This form MUST be signed: THIS HAS CHANGED PLEASE REVIEW!

Each parent/guardian of a participant must agree, either by signature or electronically upon registration, to waive the Town of Belmont from liability by accepting these terms:

I, the undersigned, parent/guardian of _____, a minor, or myself as a participant, do hereby consent to my/ his/her participation in voluntary athletic programs and do forever release, acquit, discharge, and covenant to hold harmless the Town of Belmont from any and all actions, causes of action, and claims on account of, or in any way growing out of, directly or indirectly, all known and unknown personal injuries or property damage which I may now or hereafter have for myself or as the parent of said minor, and also all claims or right of action for damages which myself or said minor has or hereafter may acquire, either before or after I/ he/she has reached his/her majority resulting from his/her participation in Belmont Recreation programs.

It is understood that in the event that I/my child should require any minor medical or surgical treatment and/or medication during this event and I am not present, I authorize such physician or emergency care staff that the Belmont Recreation Department may appoint or designate to carry out the necessary treatment, or to take my child to the emergency room of the nearest hospital and I further authorize the hospital and its medical staff to provide the treatment deemed necessary by them for the well-being of myself/my child. It is understood that if hospitalization or treatment of a more serious nature is required for my child, every effort will be made to contact me.

For publicity purposes, program staff will take photos which may be used on the Department's website or Facebook pages or in the Town's newspaper. Please let us know if you have any objection or concern regarding this policy.

Name of participant

Date

Signature of participant (or legal guardian if under 18 years of age)

Date

How to Contact us



www.belmont-ma.gov/recreation



Contact us:

Belmont Recreation Office
19 Moore St.
Belmont, MA 02478

Office: 617-993-2760

Fax: 617-993-2761

Email: recreation@belmont-ma.gov

Like us on Facebook



Belmont Recreation Department

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Belmont Watertown S.P.O.R.T